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ABSTRACT

Young persons in their late teens have problems and concerns that are different from those of persons who are younger or older. This booklet recognizes this fact and discusses some aspects of American life that might be of particular interest to young people of Hmong origin. It gives information that will be helpful in making knowledgeable decisions in the context of U.S. society and culture. The information is arranged according to the following topics: (1) laws that affect young persons; (2) various categories of relationships; (3) different possibilities of living arrangements; (4) money; (5) educational opportunities; (6) careers and jobs; (7) alcohol and drugs; (8) coping with stress; and (9) information on where to get personal help and various written materials. The guide is printed in both English and Hmong to facilitate use by Americans and Hmong young adults who may be working together. (AMH)

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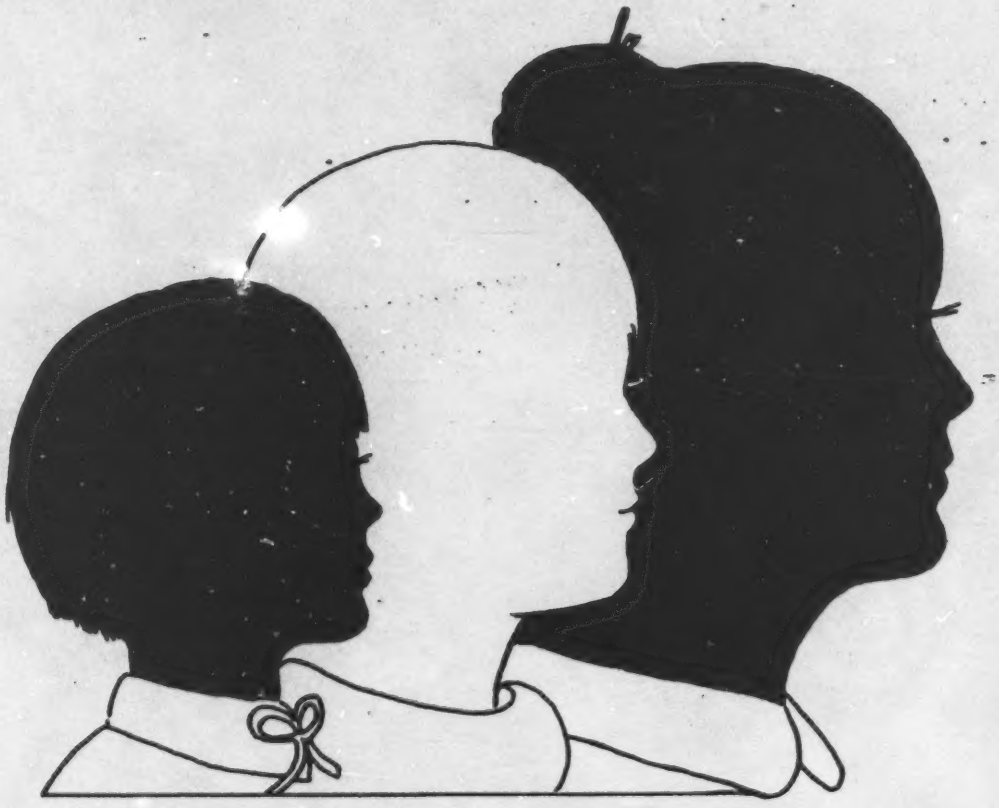

Young Adults in America

A Booklet for Refugees in their Late Teens

FL013 158

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COV ZAJ LUS HAUV PHAU NTAWV NO

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Zaj lus " Tub Hluas Ntxhais Hluas hauv Asmeslivkas " no yog ib co hluas txawj ntse Asmeslivkas sau los pab qhia kom peb tsoom tub hluas ntxhais hluas totaub zoo txog lub neej hauv Asmeslivkas. Peb cov neeg tawv daj uas ua haujlwm hauv qhov Chaw Nrhiav Kev Tsim Neej Tshiab tau muab zaj lus no kho sau kom raug raws nyias cov neeg. Muaj ntau qhov hauv zaj lus no yuav txawv zaj lus Askiv heev; vim li ntawd, yuav tsis zoo muab ob hom lus no los sib piv kawm. Qhov peb tau muab zaj lus Askiv los txuam nrog zaj lus Hmoob yog xav kom nej muaj zaj lus Askiv siv nrog nej cov phooj ywg Asmeslivkas thiab xib fwb los nrog lwm haiv neeg sib tham nkaus xwb. Peb vamtias zaj lus " Tub Hluas Ntxhais Hluas hauv Asmeslivkas " no yuav pab tau kom nej muaj kev yooj yim tsim nej lub neej tshiab hauv Asmeslivkas.

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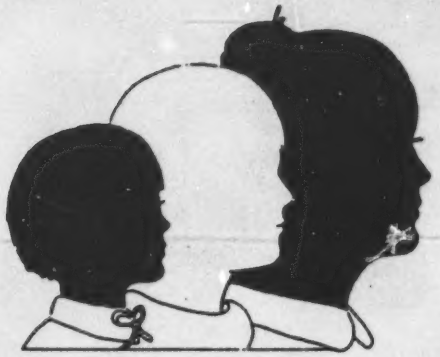
NOTE: This guide is printed in both English and Hmong to facilitate use by Americans and young Hmong adults who may be working together. The Hmong version is an adaptation of the English, not a direct translation, and the text of some sections my differ slightly. For this reason, the booklet should not be used as an aid in teaching or learning English.



Txog Cov Tub Hluas Ntxhais Hluas

Ib tug ntxhais thoj nam uas muaj 16 xyoo nug nws tus niam qhuav txiv qhuav hais tias " Koj puas paub ib tug neeg twg zoo li koj ? ". Tus ntxhais ntawd tau piav qhia rau nws tus niam qhuav txiv qhuav hais tias " Kuv hais txog dabtsi rau koj los koj puav leej totaub huv si; kuv niam los nws puav leej totaub huv si; kuv cov phooj ywg kuj paub ntau yam ntawm kuv lub cev, tiamsis tsis muaj ib tug neeg twg yuav paub tas nrho txhua yam txhua tsav ntawm kuv vimtias txhua leej txhua tus neeg nyias zoo nyias mus ib yam. Tejzaum yog kuv tseem nyob Los Tsuas teb... ".

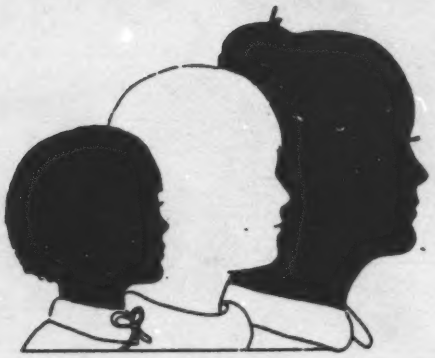
Asmeslivkas xav tias cov hluas uas muaj li 16 xyoo rau 20 xyoo yog cov poob rau ntu nyuab kawg nkaus hauv lawv lub neej. Ntu no yog ntu uas cov neeg sab laj kev tsim neej tshiab hu ua " Ntu tiav nkauj tiav nraug "; vim li ntawd, coob leej ntau tus neeg txawj ntse thiaj tau sau ntau zaj lus hais txog tej teeb meem ntawm txoj kev ua hluas.

Ntu nto hluas no yog ntu uas cov hluas Asmeslivkas yuav hloov lawv hom puav yeeb yam thiab yuav xyaum pib coj li cov laus. Tsis zoo li menyuam yaus lawm, yus yuav hloov ntau hom yeeb yam thiab npaj siab npaj ntsws rau lub luag haujlwm tseem ceeb uas yuav tau tuav lawm yav tom ntej. Tseem ho tsis tau yog neeg laus, yus ho tsis tau muaj kev ywj siab ua tas ub no, xws li tseem tsis tau muaj cai sau yuas rau tej ntaub ntawv sib cog lus los tsis muaj cai txiav txim siab mus nyob rau ib qho chaw twg yog hnub nyoog tseem tsis tau nto 18 xyoo. Yus tsev neeg thiab hom puav kev cai lij choj hauv Asmeslivkas muaj cuab kav cheem tsis pub yus txiav txim siab ua tej yam uas yus xav ua.

Tsis hais thaum tseem yog menyuam yaus, yog hluas los laus, tejzaum yus yuav tsis nkag siab zoo xyov yus xav tau dabtsi ntawm lwm tus neeg los ntawm yus tus kheej. Cov tub hluas ntxhais hluas yuav tau txiav txim siab ntau yam uas tejzaum yuav ua kom lawv lub neej zoo los puas lawm yav tom ntej. Yus yuav mus kawm ntawv ntxiv rau theem siab los yuav mus ua haujlwm thaum kawm tiav theem nrab lawm ? Yus yuav nrog yus tsev neeg nyob los yuav mus nrog phooj ywg nyob ? Yus yuav tsum yuav poj niam/txiv los yuav nyob ib leeg kheej tso ? Ntau tus tub hluas ntxhais hluas xav hais tias tej kev txiav txim siab no tseem ceeb heev - tsis paub xyov yuav ua licas thiaj yuav tsis yuam kev, tiamsis ib txhia ho xav hais tias tsis yog yam yuav muab coj los xav kom mob taub hau - lub neej yuav zoo licas los mam xyuas lawm yav tom ntej. Txawm licas los, ua ntej yuav txiav txim siab ua dabtsi,yuav tsum ua tib zoo xav kom deb lawm yav tom ntej saib yam yus yuav ua ntawd puas yuav zoo rau yus tiag tso.

Thaum nto hluas kiag lawm, yus yuav muaj kev ywj siab ua ub ua no ib yam li txhua tus neeg laus; yus yuav muaj kev ywj siab ua ub ua no raws siab nyiam, tiamsis yuav tsum nco ntsoov txog yus txoj sia thiab yus lub neej.

Lub caij nto nkauj nto nraug yog ntu siv sijhawm ntev ntawm ntu menyuam yaus los rau ntu laus. Txoj kev hloov ntawm menyuam yaus los ua neeg laus no twb yog ib txog kev nyuab kawg nkaus lawm; zaum no mas tseem yuav ntsib kev nyuab siab ntau tshaj ntawd lawm thiab, vimtias yuav tau hloov txoj kev ua menyuam yaus tim Los Tsuas teb tuaj ua neeg laus hauv Asmeslivkas. Nej cov nyeem zaj lus no twb paub hais tias cov laus tim Los Tsuas teb zoo licas lawm. Nej puas tau paub tseeb hais tias nej muaj siab xav tau dabtsi hauv Asmeslivkas los ntawm nej lub neej ? Ntau tus hluas thoj nam, nyias tau rov nug nyias hais tias " Kuv yog Hmoob los yog Asmeslivkas ? ". Hmoob txoj kab ke ua neej zoo kawg lawm, tiamsis ntau hom kab ke hauv teb chaws no tseem yuav deev nej siab nej ntsws thiab.



Introduction

"Do you know anyone who is like you?" the 16-year-old refugee asked her sponsor, who did not understand the question. The refugee explained, "I can talk to you about some things, and you understand; I talk to my mother about others and she understands; my friends understand different parts of me. But nobody understands the whole me because everybody is different from me in some way. Maybe if I were still in Laos. . . ."

The late teens--16 through 20 years old--are considered by Americans to be a very difficult time of life. This is the latter part of the period that counselors call "adolescence," and a great deal has been written about the troubles experienced by people this age.

This is a time of change for a young adult. You are no longer a child, for you are expected to accept new responsibilities and be mature in behavior. Unlike an adult, however, some of your basic freedoms are limited, such as the right to sign a contract or decide where to live if you are under 18. Your family and some of the laws in this country can prevent you from making many of your own decisions. Neither an adult nor a child, you may easily be confused about what is expected of you--or even what to expect of yourself.

Another difficult change as you grow older is the need to make many decisions which may affect the rest of your life. Do you want to go to college or work? Should you live at home with your family or in an apartment with friends? Should you get married? Many young people feel a responsibility to make such decisions for themselves; in fact, many welcome this responsibility. Still, starting to make decisions is a serious task that warrants much thought and consideration.

Finally, you are becoming more independent, a trait Americans deeply value. You will have greater opportunity to make your own choices but will also be expected to take care of yourself.

Adolescence, then, is a demanding time of life in which one grows from a child into an adult. This transition requires a great deal of strength and flexibility.

The adjustment of adolescence is even more difficult for a young person in a new country. The change from being a child to an adult is demanding enough; to change from being a child in Laos to an adult in America creates additional problems. You know what is expected of adults in your own country. Are you as certain what will be expected of you in the United States or what you want in your own life?

Many young refugees express frustration in not knowing, "Am I Hmong or am I American?" The traditions you brought with you from your home country are probably still very important to you, but living in America may have influenced many other beliefs and values. You may, in fact, be both American and Hmong, adopting aspects of each culture. While this can be confusing, you may ultimately be able to mold the strengths of both nations into your own personal strengths. But this is not an easy process, and it adds to the uncertainty that can be such a painful part of adolescence.

Thaum tseem tsis paub xyov yuav ua licas, tejzaum nej yuav tau coj tas nrho Hmoob thiab Asmeslivkas txoj kab ke ua neej-muab tas nrho cov kab ke zoo ua neej ntawm ob haiv neeg no los ua ib txog kab ke zoo rau nej taug, tiamsis yuav tsum nco ntsoov hais tias yuav tsis yog ib txog kab ke yooj yim; tejzaum nej yuav txaus los tsis txaus siab rau txoj kab ke ntawd.

PHAU NTAWV NO YUAV PAB TAU NEJ LICAS ?

Tejzaum nej twb paub los pom phau ntawv " Kev Tsim Neej Tshiab Hauv Asmesliv kas " uas sau tuaj pab qhia cov neeg thoj nam tshiab kom totaub txog txoj kab ke ua neej tshiab thiab lub teb chaws Asmeslivkas lawm. Ntau zaj lus hauv phau ntawv ntawd yuav pab tau nej cov hluas ib yam thiab. Paub zoo hais tias nej puav leej coj tau tus yeeb yam txawv cov laus thiab menyuam yaus huv si, phau ntawv no thiaj sau tau txawv phau " Kev Tsim Neej Tshiab Hauv Asmeslivkas " kom ho pab tau nej cov hluas ntau dua. Phau ntawv no yuav piav qhia tsis tau rau nej saib yuav ua licas rau nej txoj kev kawm ntawv los rau nej lub neej lawm yav tom ntej. Tej no yog lub luag haujlwm tseem ceeb uas nej thiab nej tsev neeg yuav tau ua tib zoo txiav txim siab saib yuav ua licas thiaj yuav zoo.

Peb vamtias peb yuav piav tau ntau yam zoo rau hauv phau ntawv no kom nej ho paub muab siv txiav txim siab rau nej lub neej. Phau ntawv no yuav piav txog Asmeslivkas ntau hom kab ke ua neej hauv Asmeslivkas. Cov zaj lus hauv phau ntawv no yuav tsis zoo tshaj los phem tshaj li nej tau paub los. Txawm tias cov zaj lus no piav tau txaus nyiam tsis txaus nyiam los tejzaum yuav pab tau kom nej paub txiav txim siab rau hom kab ke uas nej yuav coj lawm yav tom ntej thiab yuav piav qhia kom nej paub saib Asmeslivkas ho ua licas rau tej kev txiav txim siab ntawd.

Phau ntawv no yuav piav qhia kom nej paub mus nrhiav kev pab thiab paub mus nrhiav tej ntaub ntawv uas luag tau sau hais txog cov hluas. Vimtias cov zaj lus hauv phau ntawv no yog sau tuaj rau tas nrho cov tub ntxhais hluas uas nyob thoob Asmeslivkas, peb thiaj piav tsis tau kom raws nraim li luag txoj kab ke uas nej tau paub ncig ib cheeb tsam ntawm nej; tiamsis peb yuav qhia tau rau nej saib yuav mus nrhiav kev pab ntawm nej licas. Lo lus uas hais tias " Kev txiav txim siab " no, tau muab los siv ntau zaug hauv phau ntawv no, vimtias ntu ua hluas no yog ntu yuav pib txiav txim siab ua ntau hom haujlwm tseem ceeb rau lub neej yav tom ntej. Peb vamtias cov zaj lus hauv phau ntawv no yuav pab tau kom nej paub txiav txim siab saib yuav ua licas nej lub neej thiaj yuav vam meej.

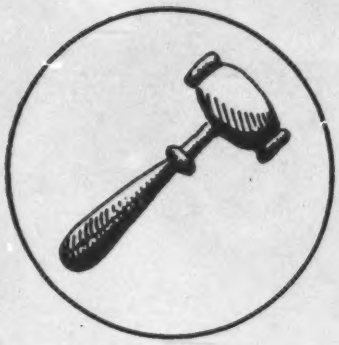
The Purpose of This Booklet

You may be familiar with the book, *Your New Life in The United States*, which was written to help newly-arrived refugees better understand Americans and this country. Much of that book will be useful to you. Recognizing, however, that you as a young person may have some problems that differ from those of adults or young children, the authors of *Your New Life in The United States* have written this booklet to discuss some aspects of American life that may be of particular interest to you.

This booklet is not going to tell you what to do with your education, personal life or anything else. These are decisions for you and your family to make. We hope, instead, to give you more information so that you might be able to make more knowledgeable decisions. This will be done by giving you an American point of view of various aspects of life in this country. This perspective is no better or worse than that you experienced in your own country. It is *different*, however, and understanding some of these differences--whether you agree with them or not --may help you better understand your own values so you can make your own decisions more easily in addition to explaining how Americans are likely to react to those decisions.

Finally, this booklet will give you some information regarding how to get personal help and various written materials. Much of the information has to be general because we are writing for people all over the United States, but we can help you determine how to find assistance in your own community.

The word *decisions* has already appeared many times in this booklet. That is because adolescence is a time when you begin to make important decisions about your life. We hope that the information in this booklet will help you make wiser decisions that will enable you to have a more successful future.



Kev Cai Lij Choj Hais Txog Cov Hluas

Ze ntawm 100 xyoo dhau los, luag tau sau kev cai lij choj los kav tib neeg hauv Asmeslivkas. Lub ntsiab lus tseem ceeb ntawm cov kev cai lij choj no yog muab cai rau Tseem Fwv nrog cov niam thiab cov txiv sib hais yog luag pom hais tias yuav muaj tej yam dabtsi yuav zoo rau cov menyuam los yog cov niam thiab txiv tsis xav los tsis muaj cuab kav saib xyuas lawv cov menyuam. Cov kev cai lij choj no yuav siv tau rau thaum cov menyuam tseem tsis muaj hnub nyoog txaus yuav pab taus lawv. Vim li no, Tseem Fwv thiaj tau sau ib txog cai los txheem lawv. Piv txwv, txhua lub xeev teb muaj kev cai lij choj rau txim rau cov niam los txiv uas ntaus lawv cov menyuam. Yog luag pom hais tias tus menyuam twg raug niam los txiv ntaus, luag yuav tuaj coj tus menyuam ntawd tawm ntawm niam thiab txiv mus nyob rau lwm qhov chaw. Cov menyuam yaus thiab cov hluas muaj cai txais kev kawm ntawv dawb kom lawv puv li 16 xyoo; ua hom haujlwm uas luag kam txais cov hluas thiab txais kev txhaj tshuaj dawb ceev cov kab mob sib kis. Tas rau tej kev cai uas hais los no, luag ho muaj ib co kev cai lij choj cheem tsis pub kom cov menyuam yaus thiab cov hluas muaj kev ywj siab ntau ib yam li cov laus. (Tsis hais cov laus los hluas, yuav tsum ua raws luag txoj kev cai lij choj, xws li tsis txhob mus xyaum ua tub sab los tua neeg thiaj tsis raug txim.) Luag muaj plaub zaj lus uas muaj kev cai lij choj hais txog cov hluas tej yeeb yam:

1- <u>Yeeb yam</u>: Txoj cai tau sau cia kom cov hluas mloog niam thiab txiv lus yog luag cob mus rau txoj kev zoo. Yog tus tub los tus ntxhais twg khiav niam khiav txiv los tsis kam ua raws niam thiab txiv qhuab qhia cov neeg ceev xwm thiab cov neeg hais plaub ntug menyuam yaus yuav tuaj nrog niam thiab txiv qhuab qhia tus menyuam tsis mloog lus ntawd. Nyob hauv ntau thaj chaw, luag tsis pub menyuam yaus los cov hluas sib tham los ua si hmo ntuj nraum zoov yog niam los txiv tsis nrog lawv nyob.

2- <u>Cawv ntsim thiab luam yeeb</u>: Txhua lub xeev teb, nyias muaj nyias cai kav cov hluas haus cawv ntsim thiab luam yeeb. Hauv tej lub xeev teb, cov hluas yuav tsum muaj 21 xyoos, luag thiaj pub haus cawv ntsim thiab luam yeeb; hos hauv tej lub, cov muaj 18 xyoo xwb los luag twb ho pub haus lawm. Twb tsis hais yuav haus cawv ntsim los luam yeeb, yuav tsum nto hnub nyoog, luag thiaj pub muas. Tus hluas twg tsis ua raws luag txoj cai, nws yuav raug nplua nyiaj los lub tsev hais plaub ntug menyuam yaus yuav rau txim rau nws.

3- <u>Kev haujlwm</u>: Cov hluas uas hnub nyoog tseem tsis tau nto 18 xyoo yuav tsis muaj kev ywj siab ua haujlwm li cov laus. Tsis tas li ntawd, lawv tseem tsis muaj cai sau yuas rau ib daim ntawv sib cog lus twg yog tsis muaj ib tug laus twg nrog lawv sau yuas. Txoj cai tsis pub ua li no los yog vim luag ntshai tsam lwm tus neeg dag lawv, los ntxias lawv mus ua haujlwm ntawm tej qhov chaw uas tsis muaj kev xyuam xim.

4- <u>Kev sib yuav</u>: Luag muaj ntau txoj cai kav kev sib yuav ntawm cov tub ntxhais hluas. Nyob hauv ntau lub xeev teb, yuav tsum nto 18 xyoo, luag thiaj pub sib yuav raws tub-ntxhais siab nyiam; tsis li ntawd, yuav tsum tau txais kev pom zoo ntawm niam thiab txiv tso. Yog tus ntxhais twg uas tseem tsis tau nto hnub nyoog khiav mus yuav txiv, Tseem Fwv yuav muaj cai muab nws cais tawm thiab xa rov los nrog niam nrog txiv nyob. Tsis tas li ntawd, tejzaum tus

Laws that Affect You

For approximately 100 years, laws at all levels of government in the United States have been designed to both protect and govern children and young people. The belief behind many of these laws is that the government has a right to intervene in family matters if it is in the interest of the youth or if the parents are unable or unwilling to care for the child. This is based on the assumption that children cannot take care of themselves and therefore need an advocate to protect them. For example every state has child abuse laws which punish parents who severely harm their children. The children in such a home can even be taken from the family and given another place to live if there is sufficient reason to believe that they will be badly beaten or otherwise harmed if they remain with the family.

Other laws that protect children and youth include compulsory free education up to a given age (usually 16), restrictions on the kinds of jobs for which young people may be hired, and immunization requirements.

On the other hand, some laws restrict the rights of young people so that they do not have all the freedoms of adults. (Of course, young people must obey the laws that pertain to all people--laws against theft, for example--and can be punished for breaking these laws.)

There are four main areas in which laws specifically address the behavior of young people:

1. *Status*. A dependent minor, ordinarily someone under the age of 18, is required by law to "obey the lawful and reasonable requests of his parents." All this means is that American law expects young people to respect and obey their parents. It also means, however, that if a young person were to run away from home (leave his or her family without their permission) or refuse to obey his or her parents (called being ungovernable), the government could intervene and police and Juvenile Court officials would become involved. (The Juvenile Court is a special court designed for young people.)

Many areas also have curfews for young people. This means they cannot stay out at night after a certain time unless with their parents.

2. *Alcohol and Tobacco*. Every state has a minimum drinking age, ranging from 18 to 21 years old. Someone younger than this age may not legally buy, possess or consume alcoholic beverages. Some states have similar age limits for the use of tobacco. Anyone who disobeys this law could be fined or in some way punished by the Juvenile Court.

3. *Business*. People under the age of 18 are restricted in the jobs they may accept and the hours they may work. They also may not sign a legal contract unless an adult also signs for them. These regulations are designed primarily to protect young people who may be more easily cheated by unfair business practices or put in an unsafe working situation.

4. *Marriage*. There are many laws that affect a young person's right to get married. Each state has a minimum age,

hluas nraug tseem yuav raug nplua rau nqe hais tias nyiag menyuam yaus thiab.

COV HLUAS MUAJ CAI DABTSI HAUV ASMESLIVKAS?

Yog raug plaub ntug dabtsi, cov hluas los muaj cai nrhiav kev pab txheem plaub ntug ib yam li txhua leej txhua tus neeg. Piv txwv, tus hluas uas raug plaub ntug muaj cai nrhiav ib tug neeg txheem plaub ntug mus hais plaub tam nws. Cov hluas tseem muaj hom puav cai txheem lawv thaum lawv niam thiab lawv txiv yug tsis taus lawv. Cov kev cai lij choj no yuav xyuas kom paub tseeb hais tias yuav muaj neeg saib xyuas lawv yog lawv niam lawv txiv saib xyuas tsis taus lawv.

Yog nej xav paub dabtsi ntxiv txog cov tub hluas ntxhais hluas cov cai thiab lawv cov luag haujlwm los xav paub txog cov kev cai lij choj hauv ib cheeb tsam ntawm nej, hu mus nug lub tsev kav xwm los lub tsev hais plaub ntug menyuam yaus; tas nrho ob txog xov tooj no puav leej muaj nyob hauv nej phau ntawv xov tooj.

often 18, for people to marry without their parents' permission. If the young people "run away" and marry below this age, the government can dissolve the marriage and force each person to return home. In fact, in some circumstances the man could be charged with kidnapping, particularly if the couple went to another state.

What rights do young people have in the United States? In most respects, they have the same legal protection as anyone else. For example, if arrested for a crime, the young person would be entitled to a fair trial and representation by a lawyer. They also have some rights that are based on their age, most of which are important only if for some reason the parents are not able to take care of them. These rights insure that someone will take care of them if the family cannot.

If you want further information about your legal rights and responsibilities or would like to find out about laws in your community (such as the drinking age), call either the police department or the Juvenile Court; both numbers are in your phone book.

Kev Sib Swm Nrog Kwv Tij Phooj Ywg

Tib neeg muaj kev tseem ceeb heev rau yus lub neej. Asmeslivkas, ntu tseem ua hluas, tej kev sib swm nrog kwv tij phooj ywg, poj niam thiab txiv neej zoo heev,tiam sis thaum yav laus lawm, tej kev sib swm no yuav muaj tsawg zuj zus thiab tsis tshua tseem ceeb pes tsawg lawm. Piv txwv, tej qub phooj ywg zoo yuav tsis tshua sib nug moo pes tsawg lawm, tiamsis ho muaj dua lwm hom phooj ywg.

TSEV NEEG

Raws li nej tau paub tau kawm los, Asmes livkas tsev neeg lub neej zoo txawv li nej tau swm los nyob Los Tsuas teb. Tej kev sib txawv no tau ua kom ntau tsev neeg thoj nam muaj teeb meem. Ib txhia coj Asmeslivkas tus yeeb yam, hos ib txhia ho tseem muaj siab xav khaws txoj cai los kab ke ua neej qub; tiamsis txawm licas los, ntau tsev neeg thoj nam twb muaj cuab kav yoog tau raws tej kev hloov uas lawv tau ntsib los thaum lawv tseem tuav txoj kev sib txheeb ze cia.

Thaum cov menyuam hlob tuaj, lawv tseem yuav tau hloov ntau yam ntxiv thiab. Tsis hais nyob teb chaws twg, kev sib swm ntawm cov niam txiv, cov hluas thiab cov menyuam yaus yuav zoo sib txawv. Tiamsis tseem zoo vimtias nyias tau maj mam hloov nyias yam tsis tau ua kom ib tug neeg twg tsis txaus siab. Thaum tsiv mus rau ib lub teb chaws tshiab twg, cov menyuam yaus yuav yog cov hloov ntau tshaj plaws. Tuaj txog teb chaws no, ntau leej niam-txiv txhawj thiab ntshai heev tsam lawv cov menyuam tso Hmoob tus tus yeeb yam thiab kab ke ua neej tseg lawm. Cov hluas thoj nam hauv Asmeslivkas yuav tau txais ntau hom haujlwm tshiab hauv lawv tsev neeg. Hom puav haujlwm yuav yog tib hom uas lawv yuav tsum tau ua nyob Los Tsuas teb hos muaj hom puav mas tejzaum lawv twb tsis tau pom los dua. Nyob hauv ib tse neeg twg, yam zoo mas, txhua tus neeg yuav tsum paub hais tias tus twg yuav tsum ua txoj haujlwm twg thiab yuav tsum nrhiav kev saib xyuas sib pab licas thiaj yuav zoo tshaj plaws. Muaj tej tsam, tsis hais muab Asmeslivkas los Hmoob hom kab ke los siv los puav leej tsis zoo huv si. Thaum zoo li no lawm, txhua leej txhua tus neeg paub tab hauv tsev yuav tsum los sib tuav xam xyuas saib yuav ua licas thiaj yuav nrog lwg nyob taus hauv teb chaws tshiab no.

Muaj ntau hom teeb meem kev tsim neej tshiab yuav ua kom nej thiab nej tsev neeg sib ncaim ib leeg mus nyob rau ib qho. Txawm licas los, tamsim no, yog lub caij uas sawv daws yuav tsum sib hlub - sib puag xwb pwg - noj sib hlub haus sib hu mas lub neej thiaj yuav ruaj ntseg thiab zoo taus li ntau tsev neeg thoj nam uas nej tau pom los.

PHOOJ YWG

Ntu hluas, tus twg los tsuas hais txog kev phooj kev ywg thiab kev lom zem ntau nkaus xwb. Nej yuav paub los kawm tau ntau yam ntawm cov neeg uas nej tau xaiv los ua nej cov phooj ywg. Cov neeg ntawd nyiam kawm ntawv los nyiam ua dabtsi ? Lawv thiab nej tus yeeb yam puas zoo ib yam ntxim yuav ntaus tau kev phooj ywg zoo ? Lawv thiab lawv tsev neeg puas sib raug zoo ? Nej cov phooj ywg yog Asmeslivkas, Hmoob los Hmoob Asmeslivkas ?

KEV PLEES NTSHIS

Hauv teb chaws no, cov tub ntxhais tej kev plees ntshis yuav zoo txawv li nej tau

Relationships

Throughout our lives, people are extremely important to us. During adolescence, however, the types of relationships Americans have--family, friends, and people of the opposite sex--change dramatically, reflecting changes in young people as they become adults. The relationships themselves are no less important, but the changes can be hard to understand and make people uncertain of how to get along with friends and family. For example, best friends from a few years ago may no longer have anything in common.

Family

As you have probably already learned, American family life tends to be very different from what you were used to in Laos. This has resulted in a great deal of stress for many refugee families, particularly when some members of the family become "Americanized" while others try to preserve their own traditions. But even though life in this country is different, many families are able to successfully adapt to the changes they experience while retaining their closeness to each other--or perhaps even becoming closer.

Another change in families occurs as children grow up. In all countries relationships are different between parents and young children and parents and adolescents. Fortunately, because maturing is a gradual process the change is slow and reasonably comfortable for everyone in the family. For a refugee, however, life in a new country brings about so many changes that the maturing of the children may seem abrupt and threatening. For example, many parents are frightened and concerned when their sons or daughters express an interest in dating.

Young refugees in the United States may be faced with new responsibilities within their families. Perhaps these are similar to those they would have expected in their own country; others may be new and strange. It then becomes important for the members of the family to understand what they need from each other and how to best help each other. Sometimes neither the Hmong nor the American way is right for them and family members must find their own way to support each other in the difficult process of adjusting to life in a new country.

There are many aspects of resettlement that can force families apart, which is one of the great tragedies of being a refugee. However, the family members truly need each other at this time and many successful families have not only survived resettlement but have become a much stronger, closer family for having survived it together.

Friends

Friends are a very important part of life during adolescence, and you can learn a lot about yourself and about your values by considering the people you have chosen as friends. Are they interested in school or in other things? Are they close to their families? What are their activities? Are your friends Americans, Hmong or both?

pom los dua tim Los Tsuas teb, vimtias txoj kab ke ua neej ntawm ob haiv neeg no sib txawv heev. Txawm Asmeslivkas kiag los, nyias yeem coj nyias ib tug yeeb yam plees ntshis sib txawv. Tsis txhob xav hais tias nej thiaj tsis txawj nrog luag cov tub ntxhais ntaus kev plees ntshis xwb, Asmeslivkas kiag los yeem tsis paub ib yam. Nyob teb chaws no, cov hluas uas nnub nyoog nto nkauj nto nraug muaj kev ywj siab ntaus kev plees ntshis tau raws li lawv siab nyiam, tiamsis cov tseem tsis tau nto hluas ua ntej yuav ua dabtsi, yuav tsum tau txais kev pom zoo ntawm niam thiab txiv tso. Thaum tseem tsis tau nto hluas, cov niam thiab cov txiv yuav saib xyuas ntshis tsis pub kom lawv mus ua si dhau lub sijhawm uas tau teem cia. Cov hluas, tub thiab ntxhais, nyiam mus ua si tsheej pab, xws li sib yaum mus noj hmo tom tej phooj ywg tsev los mus ntsia yeeb yam.

Thaum nto hluas kiag lawm, lawv ho tsis nyiam mus ua si tsheej pab - tsuas nyiam ob leeg (tub thiab ntxhais) mus ua ke ntau xwb. Cov niam thiab txiv los kuj kav liam lawv mus raws li lawv siab nyiam. Cov niam thiab txiv yuav cia lawv ua raws kev ywj siab thaum lawv twb ntaus kev plees ntshis los tau ntau xyoo lawm.

Thaum nto hluas kiag lawm, txoj kev plees ntshis no yuav txaus ntshai zuj zus, vimtias yog tsis paub ceev faj zoo, txoj kev plees ntshis no yuav ua kom tus ntxhais lub koob hluas puas lawm yav tom ntej.Thaum ob leeg, tus tub thiab tus ntxhais,sib paub zoo heev lawm, txoj kev plees ntshis no tseem haj yam yuav txaus ntshai ntxiv.

Txoj kev txaus ntshai ntawm txoj kev plees ntshis yog txhais licas ? Lub ntsiab lus ntawm lo lus no yog ib qho uas sawv daws yuav piav tsis tau kom tawm zoo ib yam. Txhua tus neeg, tejzaum nyias yuav xav tawm tau nyias ib yam, tiamsis hauv txoj kev txaus ntshai ntawm txoj kev plees ntshis yuav muaj kev sib swm, kev lom zem ua ke, kev sib ntseeg siab thiab kev xav tau ntawm tas nrho ob leeg. Tejzaum txoj kev txaus ntshai ntawm txoj kev plees ntshis yuav los xaus rau ntawm txoj kev sib deev.

Tejzaum nej twb tau hnov los dua lawm hais tias cov tub ntxhais hluas Asmeslivkas nyiam sib deev dua Hmoob. Lo lus no muaj tseeb tiag, vimtias ntau tus tub ntxhais hluas yuav kam sib pw ua ke txawm hais tias lawv yuav tsis sib yuav los xij peem. Tejzaum nej ho hnov hais tias tas nrho Asmeslivkas, tsis hais tus laus tus hluas, nyiam sib deev heev. Qhov nov ho tsis muaj tseeb li ntawd, vimtias Asmeslivkas los yeem muaj cov nyiam thiab tsis nyiam sib deev ib yam li sawv daws thiab. Vim li ntawd, tsis hais Hmoob los Asmeslivkas, yuav tsis zoo hais ncaj qha hais tias haiv neeg ntawd nyiam sib deev heev.

Vimtias muaj ntau lub caij uas yuav ua kom neeg xav sib deev thiab ntau hom neeg, tsis zoo lam hais rau ib tug neeg twg tias nws mas nyiam sib deev heev,txawm hais tias nws tau ua tej yam dabtsi tsis zoo ntsia rau nej. Ntau tus Asmeslivkas yuav ua tej yam kom cov neeg thoj nam xav hais tias luag xav nrog lawv sib dee ; tiamsis tsis yog li cov neeg thoj nam totaub. Piv txwv, ntau tus neeg thoj nam yuav tsis totaub zoo yog pom poj niam Asmeslivkas puag txiv neej tiamsis tsis pom poj niam puag poj niam los txiv neej puag txiv neej. Txiv neej thiab poj niam, hluas nkauj thiab hluas nraug nyiam sib tuav tes los sib puag xwb pwg taug kev, tiamsis yuav yog sib paub zoo, luag thiaj yuav sib hnia ua ntej yuav sib ncaim. Asmeslivkas pom tau hais tias txoj kev sib deev no yog ib txog kev yuav ua kom tus tub thiab tus ntxhais sib paub zoo lawm yav tom ntej. Thaum nej pib nrog Asmeslivkas ntaus kev plees ntshis, tejzaum luag yuav hnia nej - txhob maj xav hais tias luag xav nrog nej sib deev lawm.

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Dating

Relationships with members of the opposite sex are almost always extremely different from those in Laos because of the great cultural differences between the two countries. Even for Americans dating can be a source of great conflict, fear and confusion because it is so personal and emotional. If you feel confused about what is expected of relationships with members of the opposite sex in this country, try to understand that most Americans are equally confused. Dating between adolescents is generally accepted and even encouraged in this country, but beyond that there is little agreement regarding what should happen between the two people and even what activities an "acceptable date" might include.

Depending on the parents' values and the maturity of the individual youth, Americans usually start dating sometime in their early teens. At first, dates may be chaperoned, meaning that an adult is present to supervise the activity, and the parents establish a curfew, telling the son or daughter to be home by a specific time. Group dating is also common; several young couples go on a date together, typically to school functions, informal parties or dinners, or movies.

As the youth gets older, individual dating (without other couples or chaperones) is more common, the curfew is moved back and the range of activities is expanded to include more elaborate (and more expensive) activities such as "dinner dates," going to concerts, and formal dances. Adults generally do not approve of this kind of dating by their sons and daughters until they are somewhat older and have been dating for a few years.

It is generally safe to say that dating relationships become more intimate as you become older and more mature. A specific relationship also becomes more intimate as the two people know each other longer.

What does "intimacy" mean? While it is difficult to describe and is different for every person, intimacy includes closeness, feelings of deep concern for each other, enjoying each other, trusting each other, generally a very special feeling that they have together. Sometimes--not always--intimacy includes sexual activity.

You may have heard that Americans are more casual about sexual activity than people in your own country. This is probably true. For example, a young couple might have sexual relations even if they do not plan to get married. You may also have heard that all Americans (including people your own age) are very sexually active. This is most definitely *not* true. There is a wide range of sexual behavior among Americans of all ages, ranging from no activity at all to a great deal of activity with a large number of partners. It would be impossible to say what sexual activity is "typical" of Americans, just as it would be impossible to make a similar statement about the people in your own country.

Because of this range, it is dangerous to assume anything about another person's sexual behavior, including that person's possible interest in you. Many American practices can mislead refugees, so they make incorrect assumptions regarding others's intentions. For example, many refugees are confused by Americans' tendency to touch people of the opposite sex and avoidance of physical contact with people of the same sex. For an American of the opposite sex to touch you is just as likely to be a gesture of friendship as

Ntau tus hluas thoj nam tau raug plaub ntug loj vimtias tseem tsis totaub txog Asmeslivkas txoj kab ke plees ntshis. Nyob Asmeslivkas teb, yog ib tug neeg twg lam mos ib tug neeg pw, tus neeg ntawd yuav raug txim loj thiab tejzaum yuav raug ntes mus kaw ntau xyoo.

Tsis hais neeg thoj nam los Asmeslivkas, sawv daws puav leej muaj cai loj ib yam yog raug ib tug neeg twg mos pw.

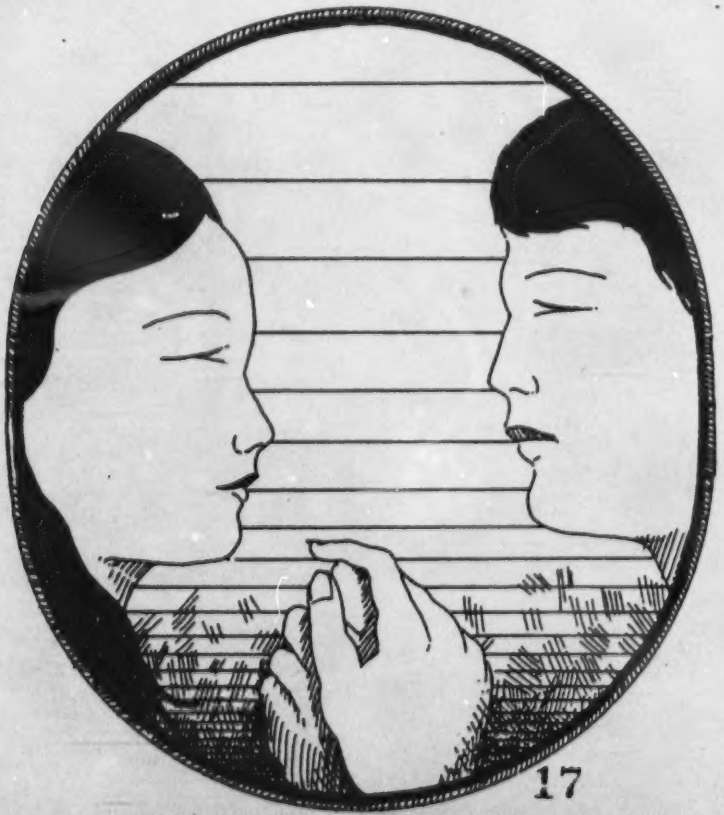
Nyob hauv ntau lub xeev teb, yuav tsum nto hnub nyoog, luag thiaj pub sib deev.Yog tus hluas los tus txiv neej twg lam mus nrog ib tug ntxhais uas tseem tsis tau nto hnub nyoog pw, nws yuav raug ntes mus kaw. Txhua lub xeev teb, nyias muaj nyias cai cais hnub nyoog sib deev rau nyias cov tub ntxhais hluas; nyob hauv tej lub xeev teb, luag yuav pub sib deev thaum nto 14 xyoo los.

Cov hluas, nyias yuav tsum xav nyias kom thoob - txiav txim siab kom zoo ua ntej yuav sib deev, vimtias tejzaum txoj kev sib deev no yuav ua kom lub neej puas lawm yav tom ntej los yuav ua kom txoj kev sib swm ntawm yus tsev neeg tu ncua. Ua ntej yuav sib deev, yuav tsum xav rau ntawm yus tsev neeg lub koob, yus tus kheej saib puas ntxim yuav ua li ntawd, yus txoj kev cai ntseeg ntuj los ntseeg dab qhuas thiab tus neeg uas yus yuav nrog pw.

Tus ntxhais twg uas tau txiav txim si nrog txiv neej pw yuav tsum totaub zoo ha tias txoj kev pw ua ke no tejzaum yuav ua kom yus lub cev tsis tab seeb los tejzaum yuav tau txais kab mob rau hauv qhov chaw mos.

Cov ntaub ntawv uas piav txog txoj ke caiv tsis pub muaj menyuam thiab tsis pu kom kis kab mob no muaj nyob hauv cov kws tshuaj lub tsev kho mob, hauv Tseem Fwv l tsev tshuaj xyuas kab mob los hauv lub ts sab laj kev caiv tsis yuav menyuam uas ny hauv ib cheeb tsam ntawm nej. Cov ntaub ntawv piav ua lus Hmoob muaj nyob hauv lu koom haum Center for Applied Linguistics. Tsis tas li ntawd, luag tseem muaj kev qh txog txoj kev sib deev nyob hauv ntau lub tsev kawm ntawv thiab. Tsis txhob lam ua raws li tej lus uas nej cov phooj ywg qhi vimtias tejzaum lawv yuav tsis paub zoo txog txoj kev sib deev, thiab txoj kev ca tsis pub muaj menyuam los kis kab mob.

Kev sib swm ntawm txoj kev plees ntsh zoo ib yam li lwm hom kev sib swm thiab, yuav muaj cuab kav ua kom tus tub thiab t ntxhais sib hlub zoo ntxiv yog tus twg lo xav ua zoo huv si. Asmeslivkas txoj kab k plees ntshis no, tejzaum yuav ua kom tus tub thiab tus ntxhais muaj kev lom zem, nyuab siab los txaus ntshai huv si.



a sexual advance, while touching someone of the same sex may be interpreted as a homosexual gesture. It is also very common for couples to hold hands or walk with their arms around each other on a first date, and a "goodnight kiss" is not unusual even for a couple who do not know each other intimately. Americans tend to view sexual involvement as being a gradual process that develops as two people get to know each other better. The fact that an American might kiss you the first time you date does not necessarily indicate an interest or willingness to engage in any further sexual activity at that time or even a desire to date you again.

Many people have gotten into serious legal trouble for forcing themselves sexually on someone who was not interested or willing. In the United States, this is considered rape, an offense for which one can go to prison for many years. This law protects all people from engaging in sexual activities against their will, including refugees and young people. Most states also have laws establishing the age of consent. If a boy or a man has sexual relations with someone under this age, he can go to jail. The age of consent varies from state to state

The choice young people make regarding their sexual behavior is one of the most personal decisions they will ever make. It may affect the rest of their lives, including relationships with their families. That decision will be based on family background, personal values, religious beliefs, and the nature of relationships with people of the opposite sex. Ideally, the decision includes consideration of the needs and wishes of the boyfriend or girlfriend,and the decision will be a mutual one.

Any person who decides to engage in sexual behavior should understand the possibilities of pregnancy and venereal disease and how to prevent them. Information can be obtained on these subjects from a doctor, a local health department or a Planned Parenthood office. Materials in your own language are available from the Language and Orientation Resource Center. In addition, some schools have sex education classes in which you will learn more about these topics. It may not be a good idea to rely on information received from friends, who might be less informed than they appear.

Dating relationships, like all other relationships, can be most successful if each person is concerned with the well-being of the other and they try to take good care of each other. This aspect of American life, so different from life in Laos, can then become rewarding and enjoyable, as confusing and frightening as it may now seem.

Kev Sab Laj Txog Chaw Nyob

Cov hluas Asmeslivkas muaj ntau hom kev xaiv chaw nyob - saib yuav nyob qhov twg thiab yuav nrog leej twg nyob thaum lawv nto hluas lawm. Lawv xav mus nyob lub tsev zoo los phem los tau tas huv si - nyob ntawm saib lawv yuav muaj cuab kav them nqi tsev licas. Lawv xav mus nyob ib leeg kheej los nrog lawv niam thiab txiv nyob los tau tas huv si. Zaj lus no yuav piav me ntsis txog hom puav kev sab laj chaw nyob uas ntau tus hluas Asmeslivkas tau ua los dua hauv teb chaws no.

NROG NEJ TSEV NEEG NYOB

Tsis hais nyob lub teb chaws twg, cov nto hluas feem coob tseem nrog niam thiab txiv nyob ua ke. Nyob Asmeslivkas, cov hluas uas twb nto 20 xyoo los tshaj 20 xyoo tseem nrog niam thiab txiv nyob ntau dua yav dhau los lawd. Ib txhia tseem nrog niam thiab txiv nyob vim yog xav txuag nyiaj hos ib txhia vim yog niam thiab txiv laus lawm, luag xav tau kev sov siab ntawm tej tub ki. Tej kev sov siab no, peb Hmoob tseem haj yam xav tau dua lwm haiv neeg; vim li ntawd cov tub ntxhais hluas yuav tau nrog niam thiab txiv nyob kom ntev xpaum li yuav nyob tau. Yog tshuav niam los txiv xwb, ib tug tub paub tab yuav tau nrog nyob thiaj yuav muaj tus pab nthe cov yau los nrog xyuas cov ntaub ntawv tseem ceeb thiab them nuj nqi.

NROG PHOOJ YWG NYOB

Nrog ib tug los ntau tus phooj ywg nyob yuav txuag tau nyiaj thiab yuav muaj kev sov siab ntau dua nyob ib leeg kheej. Ntau tus hluas Asmeslivkas, tsis hais tub los ntxhais, nyiam nrog phooj ywg sib koom nyob ib cha tsev, vimtias lawv yuav ntsib kev lom zem ntau dua.

NYOB IB LEEG KHEEJ

Ib txhia hluas nyiam nyob ib leeg kheej thiab tsis xav kom lwm tus neeg los zes. Nyob ib leeg kheej no kuj muaj qhov tsis zoo ntau yam, xws li yuav tau them nqi tsev ntau thiab tejzaum yuav tsis sov siab pes tsawg yog twb tau nrog neeg coob nyob los dua lawm.

POJ NIAM THIAB TXIV NEEJ NYOB UA KE

Txawm tias cov hluas uas sib yuav thaum tseem yau ntau dua cov laus los kuj muaj ntau nkawm ua neej vam meej lawm thiab.Tsis hais Asmeslivkas los Hmoob, feem coob nyiam sib yuav thaum yau dua thaum twb nto ib nrab neej lawm. Nyob teb chaws no, hluas nkauj thiab hluas nraug nyiam sib koom nyob ib cha tsev. Nyob hauv tej thaj chaw hauv Asmeslivkas, luag tseem tsis tau tso cai rau hluas nkauj thiab hluas nraug sib koom nyob ib cha tsev. Tsis hais nyob qhov twg, ntau nkawm niam txiv tsis tshua xav pub koom ua li ntawd. Txawm licas los, txoj cai yuav tsis cheem tsis pub cov uas nto 18 xyoo nyob ua ke, yog ob tug ntawd muaj siab xav nyob ua ke. Tsis hais qhov twg, txoj kev nrhiav chaw nyob yog ib txog kev nyuab kaw nkaus - yuav tau siv sijhawm ntev thiaj yuav nrhiav tau qhov chaw pheej yig thiab zoo. Yog xav paub dabtsi ntxiv txog txoj kev nrhiav chaw nyob, thov nej nyeem xyuas hauv phau ntawv " Kev Tsim Neej Tshiab Hauv Asmeslivkas " los mus nrog cov phooj ywg uas twb tau nrhiav tsev ntiav nyob los ntau lawm sib tham.

Living Arrangements

Young Americans have a wide range of alternatives available to them regarding where and with whom they live as they get older, depending on financial, family and personal factors. This section will briefly mention some of the living arrangements common in this country.

Living With Your Own Family

For young people to continue to live with their families as they approach adulthood is a common practice in most countries. It is also becoming increasingly common in the United States for people in their early 20's or even older to remain "at home." Some people choose to do so for economic reasons; others stay with their families to provide mutual emotional support. Such support can be particularly important to refugee families because it is more culturally familiar and acceptable for the youth to remain at home. If only one parent is in the home, it may be important for an older youth to remain with that parent and help with household duties: paying some expenses, helping with younger children, etc.

Living with Friends

Living with one or more friends is less expensive than living alone and can enable the young people to support each other emotionally. Many Americans are attracted to living with roommates because it can be fun in addition to being a learning experience.

Living Alone

Some people prefer the privacy and independence of living alone. Others feel it is an important growing experience. A major disadvantage, of course, is that maintaining an apartment can be expensive. In addition, many find this to be a lonely way of life, particularly if they come from large families.

Living with A Spouse or Friend of the Opposite Sex

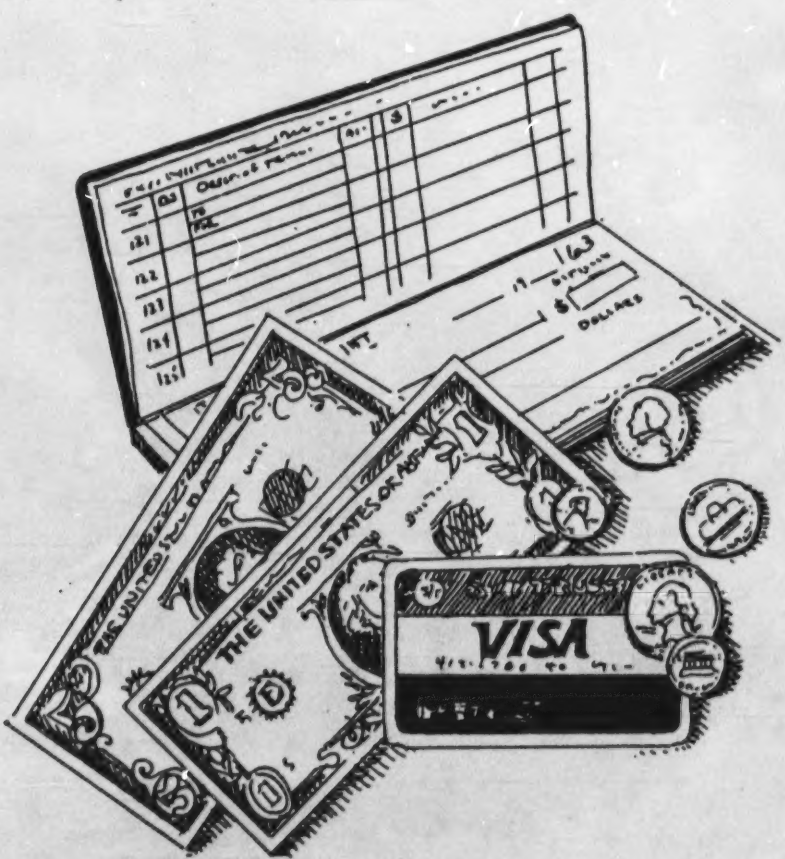
Although people who get married at a young age are more likely than older couples to get divorced, many such marriages are quite successful. Some refugees as well as Americans choose to get married at a younger age than the "average" American.

It is becoming more common in this country for a boyfriend and girlfriend to share an apartment. "Living together," however, is still not fully accepted, particularly in some parts of the country, and families often do not approve. It is, however, the legal right of people over 18 to live together if they so desire and are willing to face the family and social problems that might result.

Choosing an apartment can be complicated and requires a great deal of time, effort and consideration. For more information, see *Your New Life in the United States* or talk to friends and others in your community with experience in apartment-hunting.

Nyiaj Txiag

Luag muaj ib zaj lus hais cia tias" Kuv txiv tuaj Asmeslivkas vimtias nws hmov tias luag muab kub pua kev. Thaum nws tuaj txog, nws mam paub hais tias tej kev twb tsis muaj dabtsi pua li. Nyob tau ntev tsawv,nws paub hais tias hom haujlwm uas nws yuav nrhiav tau yog mus nrog luag pua kev ". Tus neeg thoj nam no paub hais tias nyob teb chaws no cov tsis paub lus Askiv zoo thiab tsis txawj luag tej txuj ci haujlwm zoo tsis lam muaj kev yooj yim nplua nuj tau. Txawm licas los, qhov tseem ceeb, yuav tau xyaum kom txawj siv nyiaj txiag thiab xyaum coj nyiaj mus cia hauv lub tsev cia nyiaj. Yog xav paub dabtsi txog nyiaj txiag, nyeem xyuas ntawm zaj 8 uas hais txog nyiaj txiag hauv phau ntawv " Kev Tsim Neej Tshiab Hauv Asmeslivkas ".



Money

"My father came to the United States because he heard that the streets were paved with gold. When he arrived, he found out they weren't even paved! After a while he learned that the only job he could find was paving streets."

As this immigrant's father learned, there is no guarantee of wealth in this country, particularly for a newly-arrived refugee who does not yet speak English or have applicable work experience. It is therefore important to learn how to handle money, use a budget, start bank accounts etc. For more information on these and other financial subjects, read Chapter 8, "Finances and Consumer Education," in *Your New Life in the United States*.

Kev Kawm Ntawv

Cov hluas Asmeslivkas feem coob kawm tiav kev kawm ntawv theem nrab; cov hluas thoj nam ntau leej los yuav tiav theem no ib yam thiab. Yog nej kawm tiav theem no, tsis yog yuav tau txiav txim siab saib yuav kawm ntxiv los tsis kawm xwb, nej tseem yuav tau xav saib nej yuav kawm tau hom twg thiab hom uas nej yuav kawm ntawd puas yuav muaj nyob hauv lub tsev kawm ntawv theem siab uas nyob ze ntawm nej thiab. Tsis yog yuav xav tias xav kawm hom twg ces cia li yuav mus kawm hom ntawd; yuav tsum xyuas nej tus kheej saib hom twg nej thiaj yuav kawm tau thiab nej puas nyiam hom uas nej yuav kawm ntawd tiag tso. Tsis tas rau tej kev txiav txim siab no, nej tseem yuav tau xyuas saib yuav nrhiav nyiaj licas los them nej cov nqi kawm ntawv, vimtias thaum dhau theem nrab lawm, yog yuav kawm ntxiv, yuav tsum tau them nqi kawm. Cov nqi kawm no,tej zaum yuav kim heev.

Txoj kev kawm ntawv theem siab no yuav tsis muaj zoo ib yam thoob teb chaws - ib lub nroog yuav muaj txawv ib lub nroog - ib lub caij yuav muaj txawv ib lub caij.

Vim li ntawd, peb yuav piav qhia tsis tau kom meej rau nej saib luag muaj hom kev thiab tsev kawm ntawv zoo licas nyob ncig ib cheeb tsam ntawm nej. Tiamsis peb yuav piav qhia txog txoj kev kawm ntawv theem siab thiab saib nej yuav mus nrhiav kawm ntawv theem siab tau licas.

KEV KAWM NTAWV IB NRAB SIJHAWM

Nyob hauv ntau qhov chaw, luag yuav qhia ntawv theem siab rov yav hmo ntuj kom cov tsis muaj sijhawm txaus thiab nyiaj txaus them tas nrho cov nqi kawm ho tau mus kawm. Cov chaw qhia ntawv no, tejzaum yuav yog cov tsev kawm ntawv theem nrab, tsev kawm ntawv theem siab los tsev kawm txuj ci haujlwm muab nyiaj los qhib qhia rau cov tsis muaj nyiaj txaus them nqi kawm tsis muaj sijhawm txaus mus kawm tas hnub. Hauv cov chaw no, tejzaum luag yuav muaj chaw cia qhia cov neeg thoj nam uas tsis muaj nyiaj txaus them nqi kawm. Yog xav paub dabtsi ntxiv txog txoj kev kawm ntawv, mus nug hauv cov tsev kawm ntawv, tsev kab xwm txais neeg thoj nam los nej tus neeg sab laj kev kawm ntawv.

KEV KAWM TXUJ CI HAUJLWM

Thaum tiav kev kawm ntawv theem nrab, ntau tus hluas yuav txiav txim siab mus kawm txuj ci haujlwm. Lub sijhawm kawm txuj ci haujlwm no, tejzaum yuav yog ntawm ib xyoos rau ob xyoos nyob ntawm hom txuj ci haujlwm thiab nyob ntawm kawm tau zoo los tsis tau zoo. Cov chaw qhia txuj ci haujlwm no yuav pab npaj tus menyuam kawm ntawv kom tau ua cov haujlwm nyiaj ntau. Ib co tsev kawm txuj ci haujlwm no hu ua " Technical College ". Yog xav paub dabtsi ntxiv txog txoj kev kawm txuj ci haujlwm, mus nug cov neeg sab laj kev kawm ntawv hauv cov tsev kawm ntawv theem nrab,nrhiav xyuas hauv nej phau ntawv yov tooj los mus nug xyuas hauv lub tsev kab xwm nrhiav hauj lwm hauv nej zos.

KEV KAWM TXUJ CI THAUM TSEEM UA HAUJLWM

Yog nej mus nrhiav tau cov tsev haujlwm zoo, tejzaum luag yuav ntiav nej mus pab ua haujlwm thiab qhia txuj ci haujlwm rau nej. Cov haujlwm zoo li no yuav zoo rau nej heev vimtias nyiaj los luag them rau nej - txuj ci los nej kuj tau kawm thiab, tiamsis cov tsev haujlwm zoo li no yuav nrhiav tsis

Education

Most Americans complete high school and many young refugees will also graduate. If you are one of the many young refugees who will graduate from high school, you will face not only the decision of whether to continue education (instead of working full-time) but also what kind of education to pursue and where it might be available. Your decision will be based on your personal and professional goals, work and educational background, and any special skills you have. In addition, college education can be very expensive, so finances may be an important consideration.

Educational opportunities vary from community to community and from time to time. It is therefore impossible to specifically describe in this booklet the schools and programs available in your community. Instead, types of postgraduate education are discussed, including how to get further information regarding schools and programs in your area.

Part-time Classes

For those who can't afford or don't want to attend school full-time, many communities have programs which permit the student to take classes in the evening or some other time that will allow sufficient time for work. Such programs may be sponsored by community high schools, vocational colleges, or academic colleges and universities, and may include classes designed specifically for refugees. Some of these classes are inexpensive or even free. You can find out more about the programs in your community from the schools, resettlement office (VOLAG) or from your high school counselor.

Trade School

Many young people choose to attend trade school after they complete high school. Programs may only require one or two years' study and sometimes prepare the student for high-paying jobs. They are sometimes called "Technical Colleges." You can find out what is available in your area by talking to a high school counselor, looking in the phone book, or asking at the Job Service office in your community.

On-the-Job Training

Sometimes you can get a job in which you are hired as an assistant and receive training in specific skills. This can be an excellent opportunity because you receive pay while you are being trained, but such jobs are unusual and may be very hard to find. Your Job Service office may have information on any on-the-job training available in your community.

College or University

Americans who have been successful in high school and are interested in more extensive academic or professional training usually consider going to college. An advantage of a college or university education is that the student can learn a great deal about the history and culture of the United States as well as training for a specific job. This increased knowledge of the U.S. can help a refugee adapt

tshua tau. Tejzaum lub tsev kab xwm nrhiav haujlwm hauv nej zos yuav paub zoo txog txoj kev kawm txuj ci thaum tseem ua haujlwm; muaj dabtsi xav paub ntxiv, mus nug luag los tau ib yam.

KEV KAWM NTAWV THEEM SIAB LOS THEEM KAWG

Cov Asmeslivkas uas kawm tau zoo hauv theem nrab yuav mus nrhiav kawm rau theem siab kom lawv txawj ntau yam ntxiv thiab paub ntau yam zoo. Nyob hauv cov tsev kawm ntawv theem siab no, cov menyuam kawm ntawv yuav tau kawm ntau yam hais txog Asmeslivkas lub neej yav dhau los thiab Asmeslivkas tej kab ke ua neej. Tsis tas li ntawd, luag tseem qhia ntau hom txuj ci haujlwm thiab. Cov zaj lus uas luag qhia hauv cov tsev kawm ntawv no yuav pab tau kom cov hluas thoj nam muaj kev yooj yim tsim lawv lub neej rau hauv teb chaws no. Hauv cov tsev kawm ntawv theem siab, tejzaum yuav tau kawm tas hnub kom puv ntawm ob xyoos mus rau xya xyoo, nyob ntawm hom kawm,mas thiaj yuav tiav hom yus xaiv kawm ntawd. Cov koob kev kawm tiav theem siab thiab theem kawg muaj:Associate of Art (A.A.) siv sijhawm li ob xyoos tom qab tiav theem nrab lawm; Bachelor of Science los Bachelor of Arts (B.S. los B.A.) siv sijhawm li plaub xyoos; Master of Science los Master of Arts (M.S. los M.A.) siv sijhawm li ib xyoos rau ob xyoos tom qab tau B.S. los B.A. lawm; thiab Doctor of Philosophy (Ph.D.) siv sijhawm li peb rau tsib xyoos tom qab tau B.S los B.A. lawm.

Cov nqi them nqi kawm ntawv theem siab los theem kawg no yuav kim los pheej yig nyob ntawm lub tsev kawm ntawv - tej lub tsev kawm ntawv, tus nqi kawm tsuas raug li ib xyoos ob-peb puas dauslas xwb, hos ntawm tej lub, tus nqi kawm yuav raug li ib xyoos 9,000 dauslas. Tejzaum neeg kawm ntawv yuav thov tau nyiaj ntawm Tseem Fwv los pab them lawv cov nqi kawm, tiamsis txhua tus neeg, nyias yuav tsum tau them nyias me ntsis nqi kawm ntxiv rau cov thov tau los. Ua ntej yuav txiav txim siab mus teev npe kawm rau hauv lub tsev kawm ntawv theem siab los kawg twg, yam zoo mas nej yuav tau nug xyuas saib lub tsev kawm ntawv twg yuav zoo thiab pheej yig dua tso.

Vimtias tamsim no muaj coob leej ntau tus neeg kawm tiav theem siab hauv Asmeslivkas lawm, nej yuav tsum paub zoo hais tias, thaum kawm tiav, tejzaum yuav nrhiav tsis tau hom haujlwm nej nyiam ua. Muaj ntau tus neeg nrhiav tsis tau hom haujlwm uas lawv tau kawm tiav hauv lub tsev kawm ntawv theem siab - tejzaum lawv tseem tau mus nrhiav dua lwm hom haujlwm ua.

Thaum kawm hauv cov tsev kawm ntawv theem siab, tejzaum luag yuav qhia ntau hom txuj ci zoo, tiamsis tejzaum cov txuj ci uas kawm tau los ntawd kuj pab tsis tau kom yus tau ua hom haujlwm zoo los kuj muaj thiab. Nej tus neeg sab laj kev kawm ntawv yuav pab qhia tau rau nej saib mus kawm hauv theem siab puas yuav zoo rau nej thiab thaum twg nej mam li mus kawm - saib yuav mus kawm kiag tom qab uas nej tiav theem nrab los yuav tsum tos li xyoo puav tso. Nws yuav pab nej ua tej ntaub ntawv rau nej mus kawm hauv theem siab. Yog xav paub dabtsi ntxiv txog txoj kev kawm ntawv theem siab los theem kawg, nej yuav mus nrhiav nug tau ntawm qhov chaw teev npe hauv lub tsev kawm ntawv uas nej yuav mus kawm ntawd. Tsis tas li ntawd, nyob hauv chav khaws ntawv hauv lub tsev kawm ntawv theem siab los theem kawg hauv nej zos,luag yuav muaj cov phau ntawv uas piav qhia tas nrho cov tsev kawm ntawv hauv Asmeslivkas.

to this country more easily and successfully. Depending on the field you choose, you could be required to study full-time from two to nine years in college before receiving the degree required for that field. The most common degrees are: Associate of the Arts (A.A.), two years; Bachelor of Science or Bachelor of Arts (B.S. or B.A.), four years; Master of Science or Master of Arts (M.S. or M.A.), one or two years after the B.S. or B.A.; and Doctor of Philosophy (Ph. D.), three to five years after the M.S. or M.A.

The expense of a college or university education varies dramatically, ranging from only a few hundred dollars to as much as $9,000 a year for tuition alone. Sometimes assistance through scholarships, grants or loans is available, but nearly all students must bear at least some of the expense themselves. You therefore may want to look around before deciding which schools to apply to.

Because there are now many college graduates in the United States, it is important to know that a college degree does not guarantee the student a good job, particularly in some fields. In fact, some graduates are unable to find jobs in their fields at all and must seek other types of work. They may still have learned a great deal and have developed personally from college, but it does not always directly lead to career advancement.

Your school counselor can help you determine if attending college is the right choice for you and if you should enter immediately or wait a few years. He or she can also help you with the complicated process of applying for admission. Information about specific schools can be obtained by writing or calling the Admissions Office of that school. You can also learn about specific schools around the country by going to the library of a college or university close to you. The library will have catalogs from different schools across the country. Some local public libraries also have college catalogs available.

Txuj Ci thiab Haujlwm

Ib tug hluas thoj nam uas muaj 18 xyoo hu ua Xeeb. Nws kawm ntawv zoo heev hauv theem nrab; nws tau cia siab tias thaum tiav, nws yuav mus kawm ntxiv rau theem siab. Nws xav tau cia tias muaj ib hnub twg nws yuav tsum tau ua tus kws tshuaj. Nws mus nrhiav haujlwm ua thaum so kawm ntawv lub caij sov kom tau me ntsis nyiaj los siv kawm ntawv ntxiv rau theem siab; nws tsis muaj siab rau nws lub neej uas tau xav cia kiag li. Nws rov nug nws tus kheej hais tias " Kuv yuav mus nrhiav hom haujlwm uas siv paj hlwb ua tau nyob rau qhov twg ? ".

Txoj haujlwm uas nws nrhiav tau yog mus ua tus neeg cheb tsev nyob hauv ib lub tsev kawm ntawv. Nws tseg tau me ntsis nyiaj los them nqi kawm ntawv thaum tsev kawm ntawv rov qhib lub caij nplooj ntoos zeeg.

Ntau tus hluas thoj nam los muaj teeb meem ib yam li Xeeb thiab. Cov neeg feem coob uas tsis tau ua haujlwm los dua, tsis hais yuav xaiv hom haujlwm zoo, tejzaum cov haujlwm uas lawv tsis nyiam twb laj nrhiav tau ua. Tej no yuav ua kom ntau tus neeg tsis muaj siab kawm ntawv, kawm txuj ci los ua haujlwm, tiamsis tsis hais tus hlob, tus yau, haiv neeg twg los twb lam ua tej hauj-lwm uas lawv tsis tshua nyiam lawm. Thaum tiav theem nrab, yog nej yuav tsis kawm ntawv mus ntxiv lawm, nej yuav xav ua hom haujlwm twg ? Lo lus uas nej yuav xub nug nej ua ntej tshaj plaws yog saib nej yuav ua haujlwm tau nyiaj hov ntau. Txawm licas los, yuav teb tau ua ntej hais tias " Tsis ntau pes tsawg ". Cov neeg tsis muaj txuj ci haujlwm los tsis tau ua haujlwm los dua, yuav tau txais nqi zog thawj qib ntawm txoj kev theem nqi zog hauv Asmeslivkas, xws li ib teev $3.35 los ib hlis $580. Tus neeg twg los nyias yeej nrhiav nyias tas zog saib puas tau ua cov haujlwm nyiaj ntau, tiamsis cov tsev haujlwm yuav tsis tshua kam txais cov uas tsis tau muaj koob ua haujlwm los dua.

Txawm hais tias cov haujlwm uas cov nyuam qhuav pib ua tsis zoo pes tsawg los, cov haujlwm ntawd yuav pab tau lawv kom lawv muaj koob ua haujlwm lawm yav tom ntej. Thaum mus nrhiav ib txog haujlwm tshiab twg, thawj lo lus uas luag yuav nug yog " Koj puas tau ua haujlwm qhov twg los dua ? ". Yog nej tau ua haujlwm hauv teb chaws no los dua thiab yog nej tau lus zoo ntawm nej tus thawj saib xyuas haujlwm,nej yuav tsis tshua

Careers and Jobs

An 18-year-old refugee named Xeng was doing very well in school and planned to go to college after graduating from high school. He hoped to become a doctor, and there was every reason to believe he could achieve this goal. When looking for a summer job, he quickly became discouraged. "Where can I find a job where I use my mind instead of my hands and can learn?" he asked in frustration. He instead took the only job he could find as an assistant janitor in a school. Using his salary, he was able to save money to attend the university in the fall.

Xeng's story is familiar not only to young refugees but to many young Americans as well. In most cases, it is unlikely that someone with little work experience will be able to get exactly the job he or she wants or even likes. It can be frustrating and discouraging, but many people of all ages and ethnicities have simply out of necessity had to take jobs they don't like.

If you are not going to pursue an education after high school what can you hope for in a job? The first question, of course, is how much money you will earn. In most cases, the answer will be "not very much"; often the worker is only paid the minimum wage, which is currently $3.35/hour or about $580/month. Of course, people look for better-paying jobs, but there is a possibility that they will not be able to find one at first.

Even jobs that are unpleasant or do not pay very well can be of value to the young worker. Previous work experience is one of the first questions asked of someone who is being considered for a job. To have worked in this country and received a positive recommendation are valuable to the refugee who is looking for a better job. In addition, something can be learned from virtually any job, no matter how menial it might be.

Sometimes an entry-level job can provide a good start towards something better. Does the worker learn on the job or receive training that will later enable him or her to get a better job? Does the company sometimes promote good entry-level workers into better, high-paying jobs? These are important considerations when deciding what jobs to pursue.

Still, the fact remains that young people often have to accept jobs that do not pay well and that they do not enjoy. Many Americans find it necessary to work at such jobs for a few years until they can create better opportunities for themselves. As discouraging as this thought may be, it might be of some consolation to remember that an advantage of being young is that you have many years ahead of you to pursue such opportunities, and it is quite possible that you will spend most of your working life--whether in the United States or in another country--in a job that you like.

muaj kev nyuab siab nrhiav hom haujlwm zoo. Tejzaum hom haujlwm nyiaj tsawg uas nej lam ua ntawd yuav pab tau kom nej zoo lawm yav tom ntej. Nram qab no yog lo puav lus uas nej yuav tau muab los xav ua ntej nej yuav pib mus nrhiav haujlwm: Tus neeg ua haujlwm puas yuav tau kawm hom puav txuj ci ntxiv kom ho tau hloov mus ua qhov haujlwm zoo me ntsis ? Cov neeg uas ua haujlwm zoo puas yuav tau hloov mus ua rau hom haujlwm zoo thiab nyiaj ntau me ntsis ?

Cov hluas feem coob tau lam ua cov haujlwm nyiaj tsawg thiab cov haujlwm uas lawv tsis tshua nyiam. Ntau tus Asmeslivkas xav tau hais tias yuav tsum lam ua cov haujlwm ntawd li xyoo puav kom lawv kawm tau txuj ci thiab nrhiav tau cov haujlwm zoo tso. Txawm licas los, nej tseem hluas - tseem tshuav ntau xyoo yuav ua haujlwm lawm yav tom ntej; tsis hais nyob rau lub teb chaws twg, ib hnub twg, nej yeem yuav tau ua hom haujlwm nej nyiam.

MENU

Cawv Ntsim thiab Tshuaj-Yaj-Yeeb

Cawv ntsim thiab tshuaj-yaj-yeeb tau deev ntau tus hluas siab ntsws hauv Asmesliv kas, thiab tau ua rau ntau tus hluas lub neej puas. Nov yog ib qho teeb meem loj hauv Asmeslivkas, tsis hais Tseem Fwv los cov niam thiab cov txiv tsis paub xyov yuav ua licas cov hluas thiaj yuav tseg tsis haus cawv ntsim thiab tshuaj-yaj-yeeb. Cov hluas Asmeslivkas haus cawv ntsim thiab tshuaj-yaj yeeb raws ntau hom zaj lus xws li:

1- Raws cov laus qab. Nyob Asmeslivkas teb, tsis hais tus laus twg los puav leej nyiam haus cawv. Ntau tus hluas thiaj xav hais tias lawv niam lawv txiv twb haus tau cawv, ua licas lawv thiaj yuav haus tsis tau.

2- Raws kev lom zem. Tib neeg feem coob niam haus dej-cawv tom tej chaw ua si; cov hluas los kuj nyiam ib yam thiab.

3- Raws kev phooj ywg. Tus puav hluas tsis tshua nyiam haus cawv ntsim los tshuaj-yaj yeeb; tiamsis yog phooj ywg haus ces yuav tau haus raws qab kom xws li cov coob,

4- Raws txoj kev xav saj. Hnov luag hais txog lub koob tshuaj-yaj-yeeb heev, tus puav hluas thiaj xav sim saib yuav zoo li-cas.

5- Raws txoj kev chim los tu siab. Ntau tus neeg, tsis hais laus los hluas - poj niam os txiv neej, thaum chim chim los tu siab, uav mus nrhiav haus cawv los tshuaj-yaj-eeb kom txhob nco txog txoj kev chim los u siab ntawd.

Vimtias ntau tus hluas tsis txawj siv v cawv ntsim hauv Asmeslivkas, luag thiaj is pub cov tseem tsis tau nto hnub nyoog ntawm 18 xyoo rau 21 xyoos nyob ntawm txoj cai ntawm tej lub xeev teb) haus.Hais txog tshuaj-yaj-yeeb xws li yeeb, noob hnav (marijuana) thiab ob hom tshuaj uas luag siv pab cov neeg rau mob loj uas hu ua " cocaine thiab narcotic ", tsis hais tus hluas los laus, luag puav leej tsis pub siv tas nrho. Yog luag ntes tau tus hluas twg haus cawv los noob hnav, tus hluas ntawd yuav raug nplua nyiaj li 25 dauslas rau 50 dauslas. Cov tshuaj-yaj-yeeb los cawv ntsim yuav ua kom tus haus mob loj los me nyob saib nws haus ntau los tsawg. Tsis tas li ntawd, txoj kev haus tshuaj-yaj-yeeb uas zoo xws li haus kua nplaum, roj av los kua kob, tseem yuav ua kom tej paj hlwb, ntsws, raum thiab plawv tsis zoo thiab. Cov ntaub ntawv uas piav txog xwm thiab teeb meem ntawm txoj kev haus tshuaj-yaj-yeeb no muaj nej lub tsev kawm ntawv los hauv lub tsev tshuaj xyuas kab mob ntawm ib cheeb tsam ntawm nej.

Cawv ntsim yog hom tib neeg feem coob niam haus hauv Asmeslivkas, tiamsis yog haus ntau, tejzaum yuav ua kom txiv los poj niam tub se tsis sib haum. Tsis tas li ntawd, ib nrab ntawm cov tsheb niaj hnub sib tsoo yog los ntawm txoj kev haus cawv ntsim los, vimtias thaum qaug tuaj lawm,tus tsav yuav tsav tsheb tsis vees li qub lawm. Txawm hais tias tsheb tsis sib tsoo los yog luag ntes tau tus neeg twg tsav tsheb thaum haus cawv tas, nyob hauv ntau lub xeev teb, luag yuav muab tus neeg ntawd daim ntawv pov thawj tsav tsheb mus cia.

Vimtias luag tsis pub haus tshuaj-yaj-yeeb hauv Asmeslivkas, cov nyiag muag yuav zoo muab cov tshuaj-yaj-yeeb cuav los dag hais tias yog yam tiag. Piv txwv, tus nyiag muag yuav muab ib hom tshuaj pheej yig tiam sis yuav ua kom tib neeg puas uas hu ua PCP

Alcohol and Drugs

Most young people in America are exposed to alcohol and drugs. Many young people use them, and a tragically large number abuse drugs or alcohol to the extent that they are physically or emotionnally harmed by them. This abuse is seen as being a major problem in the United States, and extensive efforts have taken place to educate young people regarding these substances and to attempt to discourage use.

American youth use drugs and alcohol for many reasons, including:

Adult use. Drinking is very common in the United States, and many young people conclude that if their parents do it, why can't they?

Recreation. Drug and alcohol use for pleasure is also common; many young people finding they enjoy using them.

Peer pressure. Sometimes young people are influenced by their friends; if every one else at a party is using a drug or alcohol, the other may not want to be the only one who does not use it.

Curiosity. Having heard a great deal about drugs such as marijuana, some people want to find out about it for themselves.

Reduce stress. Many people--young people and adults alike--use these substances as an escape from the pressures of life.

The fact that drug and alcohol use by young people is not accepted in the United States is reflected in the laws prohibiting their use. Alcohol use is illegal for people under a given age (between 18 and 21, depending on the state), while the commonly used drugs--marijuana, "speed," "downers," cocaine, narcotics and others--are illegal for everyone regardless of age. You can be arrested for the use of these drugs, although penalties for drinking alcohol or smoking marijuana are usually less severe and in most cases involve a fine--perhaps $25 to $50--rather than a jail sentence.

All drugs, including alcohol, present health hazards, although the amount of danger depends on the drug and extent of use. In addition, inhaling substances such as glue, gasoline, or paint, as some people do to "get high," is known to cause serious damage to the brain, liver and kidneys and can be fatal. More extensive information on the risks of drug and alcohol use can be obtained from your school or local health department.

Alcohol abuse is a major social problem in the United States because of the family breakdown that often results when a family member drinks too much. In addition, 50% of the automobile fatalities in the United States result from people driving after they have been drinking. This is an extremely dangerous practice because people drive very poorly after they drink. Even if there is not an accident, many states suspend the driver's license of anyone who is caught driving under the influence of alcohol.

Another problem with drug use is that

los ntxias hais tias yog yeeb hom zoo kom sawv daws qaug siab. Tsis txhob lam muas los txais ib hom tshuaj-yaj-yeeb ntawm ib tug neeg twg tsam raug txim. Cawv ntsim thiab tshuaj-yaj-yeeb, tsis hais nyob hauv lub teb chaws twg, yog hom uas yuav ua kom txiv thiab poj niam tub se tsis sib haum. Vim li ntawd, cov niam thiab txiv thiaj tsis pom zoo kom lawv cov menyuam mus lob cawv ntsim thiab tshuaj yaj-yeeb, vimtias thaum muaj teeb meem tuaj, cawv ntsim los yaj-yeeb twb tsis loj cuag cov teeb meem ntawd thiab. Vim li ntawd, nej yuav tsum totaub zoo rau tej teeb meem uas yuav muaj los ntawm txoj kev haus cawv ntsim thiab tshuaj-yaj-yeeb. Tejzaum nej yuav raug ntau tus neeg ntxias kom nrog luag muag, muas los haus cawv ntsim thiab tshuaj-yaj-yeeb, tiamsis yog nej twb totaub zoo txog cov teeb meem uas yuav muaj lawm yav tom ntej lawm, tsis muaj ib tug neeg twg yuav ntxias tau nej.

the users cannot usually be certain of the quality of what they are taking. Because drugs are illegal, people who sell them are free to distribute a drug that is of poor quality or is not even what they say it is. For example, PCP, an extremely dangerous drug, is sometimes sold as cocaine, which is much more expensive. Buying or accepting any drug from a stranger is therefore dangerous.

Finally, drug and alcohol use have created serious family problems in the United States as youth use drugs that their parents do not approve of. This can lead to alienation and other problems among family members that can be even more serious than drug or alcohol use itself.

It is very important, then, that you have a thorough understanding of the effects of drug and alcohol use. You will have many more opportunities to obtain these substances in the United States than you did in Laos and you will be much safer if you have an accurate understanding of the risks involved.

Hais Txog Kev Ntxhov Siab

Thoob plaws hauv phau ntawv no, peb tau piav txu hom teeb meem ntawm txoj kev ua hluas nzuv Asmeslivkas. Peb xav hais tias txoj kev ntxhov siab los yuav tsum tau piav kom nej totaub saib thaum ntxhov siab tuaj lawm nej yuav tau ua licas.

Tib neeg ntxhov siab thaum muaj ntau txoj haujlwm uas txoj twg los yuav tsum tau ua kom tiav tas huv si, thaum txhawj ntau yam, thaum raug lwm tus neeg txib kom ua ib hom haujlwm nyuab twg, thiab ntau yam ntxiv. Tus tib neeg uas ntxhov siab yuav pw tsis tsaug zog, tsis qab los, chim tas txhua lub caij txhua lub sijhawm, xav ub xav no tsis tshua tawm thiab tsis muaj siab tsim lub neej lawm yav tom ntej.Tus neeg ntawd,txawm mob taub hau xwb los twb ua rau lwm tus neeg paub hais tias nws ntxhov siab lawm.

Txhua tus neeg, nyias yuav muaj nyias kev ntxhov siab; tiamsis ntau tus neeg thoj nam txoj kev ntxhov siab tsis thooj li sawv daws txoj. Yog ib tug neeg twg tsis paub txog lawv tej kev ntxhov siab, nws xav hais tias nws yuav nrhiav kev pab lawv tiamsis tejzaum nws yuav ua kom cov neeg ntxhov siab no lub neej puas, tejzaum lawv yuav ua neeg vwm los tejzaum tseem yuav mus dai tuag thiab.

YUAV PAB COV NEEG MUAJ KEV NTXHOV SIAB LICAS ?

Cia tus neeg muaj kev ntxhov siab nyob twj ywm thiab coj nws mus xyuas ub xyuas no, tejzaum yuav pab tau nws. Muaj ib tug neeg thoj nam ua ob txog haujlwm, tiamsis nws tseem muaj kev ntxhov siab heev vimtias twb ua haujlwm ob txog tiamsis nyiaj tseem tsis txaus siv thiab. Tsis ntev tom qab, nws tseg tsis mus ua ib txog haujlwm; nws muab lub sijhawm ntawd mus nrog phooj ywg ua si. Nws paub tau hais tias nws tsis tshua ntxhov siab pes tsawg lawm.

Thaum paub hais tias ntxhov siab lawm, yuav tsum tau so me ntsis thiab nrhiav sij hawm mus yos ua si, tejzaum yuav pab txo tau txoj kev ntxhov siab tawm me ntsis.Qhov nov, tsis yog qhia kom ib tug neeg twg tub nkeeg, tiamsis yog qhia kom nyias paub txuag nyias lub zog thiaj yuav ua taus hauj lwm zoo thiab ntev lawm yav tom ntej. Txawm hais tias tib neeg, nyias muaj nyias kev ntxhov siab los, thaum ntxhov siab tuaj, yuav tau mus thov kom phooj ywg los lwm tus neeg pab txo yus txoj kev ntxhov siab - lwm tus neeg yuav pab txo yus tej kev ntxhov siab tau zoo dua yus txo yus. Tsis tas yuav tos kom paub hais tias muaj kev ntxov siab lawv mam mus nrog lwm tus neeg sib tham, lub caij uas mus nrog lwm tus neeg tham ntawd yuav pab ua kom yus siab kaj ntxiv. Ho tsis yog hais tias mus nrog lwm tus neeg tham, kev ntxhov siab txawm yuav tu taus. Tej thaum mus nrog lwm tus neeg tham npaum licas los haj yam ua kom ntxhov siab heev; yog zoo li no, yuav tsum mus cuag tus kws tshuaj.

Lub sijhawm no, txoj kev ua haujlwm thiab kawm ntawv tseem ceeb kawg rau nej txoj kev tsim neej tshiab, tiamsis yuav tsum nco ntsoov hais tias nej lub zog thiab nej txoj sia tseem ceeb heev rau nej lub neej yav tom ntej. Vim li ntawd, ho tsis txhob ua haujlwm heev - yuav tsum nrhiav sijhawm so thiab ua si me ntsis kom hlwb khiav zoo - txuag nej lub zog rau yav laus.

Nyob hauv phau ntawv no, peb tau piav txog ntau hom kab ke ua neej hluas thiab

Coping with Stress

Throughout this book we have discussed the difficulties of being a young refugee in the United States. It is important, then, to discuss stress and what you can do about it.

Stress is a feeling of nervousness and anxiety that results from overwork, too much worrying, too much pressure, facing too many responsibililties, etc. A person who is feeling stress may have trouble concentrating and feel there is not hope for the future. Physical problems, such as headaches, can also indicate stress.

While everyone feels some amount of stress at various times, it is a serious problem for many young refugees. If not dealt with properly, stress can lead to serious physical and emotional problems.

So how can a person cope with stress?

The first question is how that person would have dealt with stress experienced in

. It may be that the same activities that helped then will continue to help in America.

Relaxation and hobbies can also help. One refugee was so worried about not having enough money that he got a second job and worked 80 hours every week. He started to experience a great deal of stress, however, and worried even more about money. After a while he quit one of his jobs, discovering that the leisure time made him feel much better. He also worried less.

It is important to relax sometimes and pursue hobbies. This does not mean that anyone should be lazy; instead, it means taking good care of one's self in order to study and work more efficiently; recreation helps reduce stress.

The way most people cope with stress is through the help of others; family, friends, co-workers and others can make a great difference. It is not even always necessary to talk about problems, for time spent with other people can help one relax and forget worries for a time--a very important way to overcome stress. If the stress continues, however, it may be necessary to see a doctor.

Work, school and family responsibilities are very important in this time of life, but so is emotional and physical well-being. By taking some time to relax and pursue hobbies and recreational activities, people are much more able to succeed in school and other areas of life. Take good care of yourself!

This book has discussed various aspects of being a young person in America, at times emphasizing some of the problems you may face. It has not been intended to scare or discourage you, but to warn of problems that may develop in the hope of helping you to be better prepared for them. To be a young person is not easy; to be a refugee is definitely not easy. You have a difficult task ahead of you, but you also have many people in your life--family, friends, sponsors, people at school and your resettlement agency--who are concerned and will help you any way they can. With your efforts and with their help, your future can be very successful.

ntau hom teeb meem uas cov hluas yuav tau ntsib. Peb tsis yog yuav piav li ntawd kom nej ntshai los tsis muaj siab rau nej lub neej lawm yav tom ntej; peb tsuas piav qhia kom nej paub ceev faj rau tej teeb meem uas nej yuav tau ntsib hauv nej lub neej nkaus xwb. Ua ib tug hluas, lub neej tsis yooj yim kiag - ua ib tug neeg thoj nam, lub neej tseem haj yam nyuab tshaj ntawd thiab. Nej cov hluas tseem tshuav lub luag haujlwm tseem ceeb thiab nyuab lawm yav tom ntej, tiamsis tsis txhob txhawj los ntshai dabtsi tseem tshuav ntau tus neeg xws li nej cov kwv tij phooj ywg, niam qhuav txiv qhuav, xib fwb thiab cov neeg sab laj kev tsim neej tshiab yuav nrhiav kev pab nej kom ntau npaum li lawv yuav pab tau. Peb cia siab hais tias nej yuav muab siab tsim nej lub neej kom vam meej lawm yav tom ntej.

Yuav Mus Nrhiav Kev Pab Tau Qhov Twg / Where to Get Help

1- Cov koom haum sib pab yog ib pawg neeg thoj nam tsa los pab qhia kab ke ua neej, qhia me ntsis ntawv rau cov neeg thoj nam tshiab thiab nrhiav kev ua neej rau tas nrho cov tshiab thiab cov twb tuaj tau ntev lawm taug. Cov koom haum no yuav yog ib qho chaw rau sawv daws tuaj sib ntsib thiab tej zaum cov neeg ua haujlwm haud yuav pab txhais lus, txhais ntaub ntawv, nrhiav hauj lwm los nrhiav chaw nyob thiab ntau yam rau cov neeg thoj nam.

2- Nej tus xib fwb los tus neeg sab laj kev kawm ntawv yuav pab tau nej txog txoj kev kawm ntawv ntau yam. Lawv yuav qhia tau rau nej paub saib nyob ncig ib cheeb tsam ntawm nej, luag muaj hom kev pab dabtsi.

3- Ntau hom koom haum, xws li koom haum txais neeg thoj nam yuav pab nej tau ntau yam. Nej tus neeg sab laj kev tsim neej tshiab yuav pab qhia rau nej saib lub koom haum twg los qhov chaw pab twg yuav pab tau nej zoo tshaj plaws.

4- Lub koom haum Center for Applied Linguistics yog ib lub koom haum ua haujlwm rau Tseem Fwv teb chaws nyob hauv lub hauv paus xeev teb Washington D.C. thiab yog lub koom haum uas tau sau phau ntawv " Kev Tsim Neej Tshiab Hauv Asmeslivkas ". Lub koom haum no muaj lmoob thiab ntau haiv neeg ua haujlwm pab cov neeg thoj nam. Cov neeg no yuav pab tau nej ntau yam, xws li pab tswv yim laj lim plab plaw los ntaub ntawv uas hais txog txoj kev tsim neej tshiab. Lawv txoj xov tooj hu dawb yog:

(800) 424-3701
los (800) 424-3750

Yog nej siv xov tooj tso npib hu ntawm tej ntug kev, thaum kiv xov tooj tas, nco ntsoov khaws nej cov npib rov qab.

COV NTAUB NTAWV LUAM TAWM

1- " Kev Tsim Neej Tshiab Hauv Asmeslivkas" muaj nyob hauv lub koom haum Center for Applied Linguistics, ntawm 3520 Prospect St. N.W., Washington D.C. 20007.

2- " Fact of Life " muaj nyob hauv lub koom haum American Red Cross, ntawm 17th and D Street, N.W., Washington D.C. 20006. Tus nqi yog ib phau 6 dauslas thiab 80 xee.

3- " Living with An American Family " muaj nyob hauv lub Office of Refugee Resettlement ntawm 330 C. Street, N.W. Washington D.C. 20201.

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1. Mutual Assistance Associations are groups of refugees who have formed organization to help each other with social and educational needs. They offer opportunities to meet other people and sometimes can give specific kinds of help such as assistance in looking for jobs, interpreting, etc.

2. Your school counselor or a teacher can help you not only with problems regarding school but in other ways as well. They can be particularly helpful in getting information about some of the resources in your community.

3. Various social service agencies, such as your resettlement agency, can help with a variety of problems. Your voluntary agency worker can help you determine which agency might be best for your needs.

4. The Language and Orientation Resource Center, the national organization that wrote this book and *Your New Life in the United States*, can offer specific information and written materials on a number of subjects. LORC has staff members that speak your language. The phone number is (800) 424-3701/3750; long distance calls to this number are free. If you are calling from Washington, D.C., the phone number is (202) 298-9292.

Publications

1. *Your New Life in the United States*, available from LORC.

2. American Red Cross: *Facts for Life*, available from American Red Cross, 17th and D Street., NW; Washington, DC 20006. $6.80.

3. *Living with An American Family*, available from Office of Refugee Resettlement, Department of Health and Human Services, 330C St., S.W., Washington, DC 20201.